

Make the Connection:

Memories & Music

FREE PROGRAM
ALL ARE WELCOME

Join us as we explore the relationship
between Music and Memory.

JANUARY 21, 2022 10:30 AM

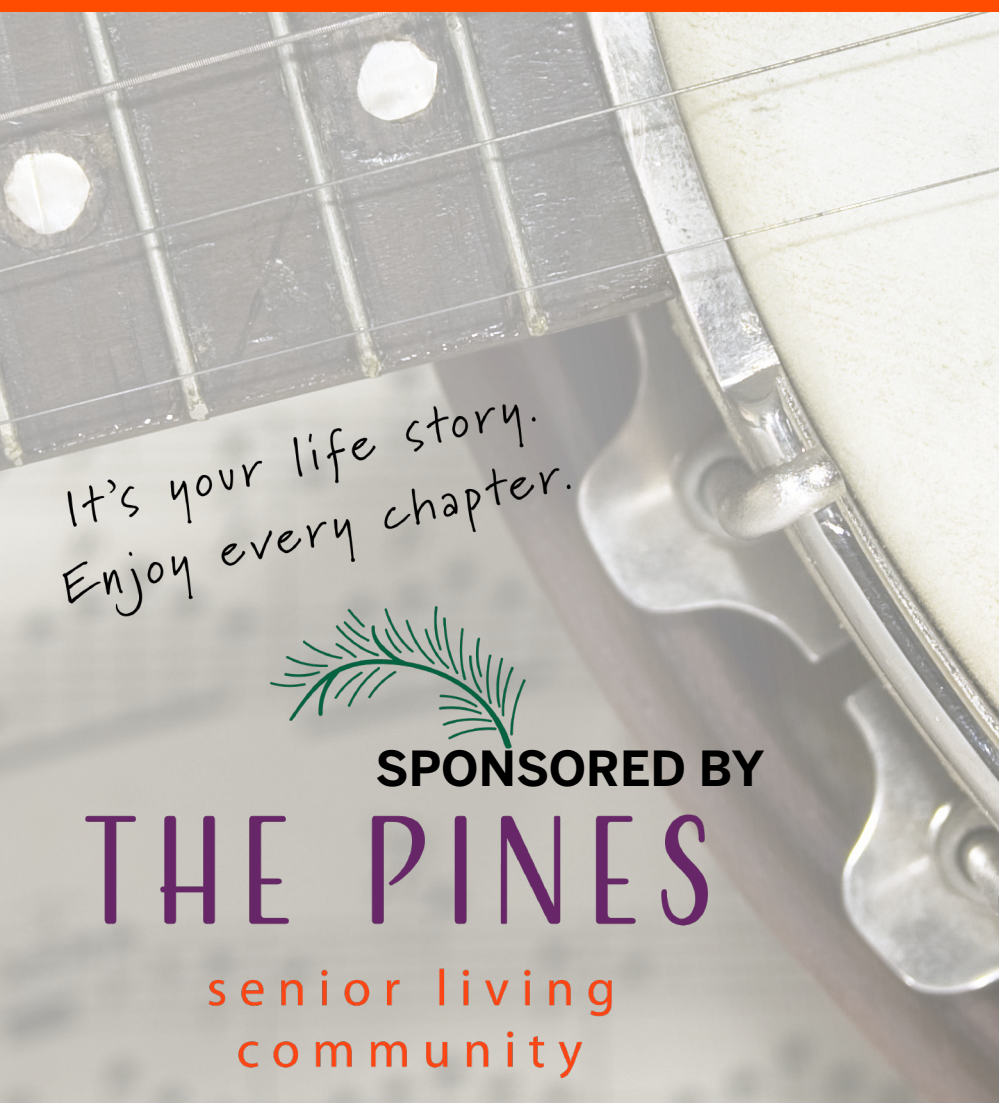
Program held in the Engel Sprague
Senior Center, 239 11th Street Waretown
(GPS) Barnegat, NJ

Danish & Coffee will be served

- Because, music is linked to our emotions and is a building block to our identity.
- Music delights and energizes but it can also help us recall those memories that remind us of who we are in the world.



Activity: Name that Tune



- Music is a total brain workout.
- Research has shown that listening to music **can reduce anxiety, blood pressure, and pain** as well as improve sleep quality, mood, mental alertness, and memory.

Activity: Dance to the Music


CONNECTIONS
memory care

www.thepinesatwhiting.org

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